

It is disheartening to find that most foods have corn syrup or other refined sugars and preservatives in them. Many times they are superfluous to the actual product and could be easily eliminated. It is cost prohibitive to always buy fresh foods, and at the rate of increased food safety issues, such as salmonella and e. coli outbreaks, not always the best choice. Since these ingredients are seemingly ubiquitous it is like there really is no choice at all. Having to try to maintain a previous weight loss while budgeting for increased food costs is very difficult to do and still keep healthy. I am sure that this is the case for many people and if there were less of these preservatives and sugars in the foods we would all be better off. That is what really needs to be fixed.